YOM KESHET

7:40: Tfillot, Mirpeset

*Break out Yom via teaching bracha for Rainbow*

8:30: Aruchat Boker

9:00: Nikayon

10:00: Nayan Cat, Mirpeset

11:00: Candyland, Mirpeset & Migrash

12:00: Messy Rainbow

12:45: Change

1:00: Aruchat Tzohorayim

2:00: Menucha

3:00: Tie dye (omanut tent) and sport on the migrash (beit am aleph rain plan) with Nivonim -- chanichim may choose whatever option sounds like more fun to them.

4:00: Iron Chef: Taste the Rainbow, Mirpeset

5:30: Machon Peulah

6:30: Go to Aruchat Erev

6:45: Aruchat Erev

7:30: Peulat Erev

8:20: Lilah Tov

**KVUTZOT (Shoafim is underlined)**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **1 Aviv, Sophie L**   1. Gabe b 2. Josh k 3. Aden s 4. Maile 5. Dalya 6. Stella 7. Sophie B 8. Rikki 9. Yael Margolis 10. Jonah 11. Elijah 12. Gabby 13. Ella | **2 Alicia Blazer, Adina**   1. Evri 2. Gabe F 3. Eli R 4. Ethan S 5. Hannah S 6. Nava K 7. Kayla 8. Abby 9. Hannah 10. Tovah 11. Becca | **3. Yasmin, Ori**   1. Daniel G 2. Sadi 3. Leora C-D 4. Hannah Posner 5. Eliana G 6. Ella W 7. Joy 8. Molly 9. Ilana 10. Emma 11. Seth | **4 Sarah Berman, Assaf**   1. Ben G 2. Brad H 3. Nevo 4. Gavi B 5. Julia R 6. Maily F-S 7. Isabel 8. Lia 9. Caleb 10. Josh 11. Ariel P | **5 Noah Sobel Pressman, Shari**   1. Adam S R 2. Eitan P 3. Rina B 4. Sam N 5. Elianna M 6. Mia Green 7. Abby Patz 8. Ella Saks 9. Eli CD 10. Gabe 11. Dahlia 12. Sarah Eder |
| **6 Sarah Binney, Aaron B**   1. Tal L 2. Samuel J 3. Shira L 4. Emma H 5. Tamar D 6. Ariela S 7. EV 8. EmmaChaya 9. Anya 10. Ellie Debb 11. Ilan 12. Jacob | **7 Tal, Sarah Monderer**   1. Avi T 2. Evan P 3. Ofri 4. Michal 5. Miranda H 6. Emily D 7. Olivia O 8. Talia 9. Naomi 10. Tamar 11. Daniel 12. Jonathan | **8 Isaac, Hannah Weismann**   1. William 2. Ben Jacoby 3. Pauline 4. Nava 5. Romi C 6. Eliana N Rebeka O 7. Ariel Berk 8. Charlie 9. Avi 10. Aidan | **9 Hani, Micha**   1. Miles 2. Ilan 3. Noa 4. Jill K 5. Kaylah 6. Samantha E 7. Arianna 8. Yael Fishman 9. Ainsley 10. Leo 11. Max 12. Sam | **10 Roni, Jess G**   1. Ari Blumenthal 2. Harrison 3. Elizabeth S 4. Ellie F 5. Sophie S 6. Raina B 7. Shayna 8. Sarah Porter 9. Lily 10. Maya 11. Levi 12. Andrew |

Nayan Cat

<https://www.youtube.com/watch?v=QH2-TGUlwu4>

Overview: Chanichim will be creating a song and dance to the Nayan Cat youtube video, above. Link will be texted out in tzevet groupchats. They will have 20 minutes to create a cheer for their group, a song, and choreographed dance to the Nayan soundtrack. They will then perform their cheers, songs, and dances.

Here are the criteria for judging the cheers, songs, and dances. In order to score the maximum number of points, the group must follow these guidelines:

Cheer:

* must have at least one hand motion

Song:

* must include at least 5 different mayah milim
* must be at least one minute long
* must include two fun facts about rainbows (may be entirely untrue, up to you)
* must mention and describe a rainbow in camp that you have seen

Dance:

* Must have one interpretive move that reminds you of nayan cat (ask madrichim for photo/video reference if needed)
* Must be at least 5 eight counts long
* One of the eight counts must be directly stolen from a camp dance
* One interpretive move of hakarat hatov

Candyland!

Todah Rabah to Nivonim programming minis for all your help!

Overview: each team gets a candyland board and they play a game of candyland.

Setup: each team should have two madrichim. Teams of about 12, with two madrichim. Mixed sol/sho. Madrichim have the following:

* Bag of Mike n Ikes
* Candyland board
* Packet of challenges

Instructions to explain to your chanichim:

* To “spin”, one chanich (different one each spin) will close their eyes, and take a mike n ike out of the box. Whatever color it is will correspond to the next box you have to go to. For example, if you’re on a red box and you choose a green candy, you go to the next green box, even if it is the next space. If you are on the yellow space and choose a yellow mike n ike, you go to the next yellow box.
* When you land on your block, mark it off on the game board. Each color is associated with a different theme challenge. When they choose the color, refer to your packet, and go down the list of challenges for that color. When you’re done with that challenge, you can spin again! The first team to complete the board, wins!
* Many of the challenges/questions/etc. can be completed in your current location. There are a few challenges that require your team to go to another location --which is clearly indicated on the instructions-- in order to use the specific materials. If another team is there, you can either patiently wait until the station is open OR you can assign a different challenge within that category.
* If the challenge requires a material that you do not have as an individual material, one madrich in the group should go up to the front to acquire the material, while the other madrich stays with the kvutzah.
* NOTE: if you use all the challenges/questions for a category and land on that category again, just pick a challenge from another category

Themes

Yellow, Tzahov= active challenges

Red, Adom= Candy challenges

Pink, Varod= Riddles

Green, Yarok= Yahadut

Orange, Katom= Ramah trivia

Challenge Materials:

-4 cups

- ping pong balls and spoons

-paint slip

-sponge

-2 buckets with water

-heads up cards

-speaker

-ball

**Yellow, Active challenges:**

* Sponge relay (water from one bucket to another)
  + LOCATION: upper migrash near gaga
  + Full bucket at start and empty bucket at finish
  + Objective: get water from full bucket to empty bucket

Stand in a line BEHIND start bucket

First person fills sponge in water then runs to the other bucket to squeeze it out

Repeat with next person in line until end bucket is full

* Leapfrog
  + LOCATION: from tzrif 1 to tzrif 10
  + Every chanich/a in the group must participate in 1 round of leapfrog to continue
* Scary Ball
  + The game Ed Gelb played with us at our last JC/SC meeting
  + If you weren’t there, you have all the chanichim stand in a circle
  + You stand in the middle of the circle and tell them to put their hands by their sides
  + You toss the ball to each chanich in a circle and try to fake them out
  + If they move/flinch before you actually toss the ball to them they’re out and should sit in their place
* Line up in birthday order without talking (january to december, disregarding year)
* Cup pyramid
  + You must make a pyramid with 4 cups
* Hit a volleyball up in the air for 30 seconds with your kvutzah
* Do your favorite camp dance without music
* Come up with 7 similarities between the entire group

**Red, Candy Challenges**

**\*\*Ask if any chanichim have allergies\*\***

* Guess the jelly bean flavor
  + Give each chanich a jelly bean one at a time, and have them guess the flavor. You won’t really know the correct answer, but act as if you do by asking questions like, “are you sure?,” “why?,” etc.
* Twizzler Map of camp
  + Each chanich is given one twizzler
  + As a group, they need to place the twizzlers to create a map of camp ramah
    - Remind them to consider colors, they can break the twizzlers into pieces, get creative!
  + Once the map is “madrich approved,” each chanich may eat his/her twizzler
* Candy Land Heads Up (planned by Nivonimers, Addie and Benson)
  + LOCATION: Tzrif 23
* 1 chanich at a time will stand at the front of the room and have a name of a candy on their forehead
* The rest of the campers will act out what the candy is, and the person at the front has to guess
* Group must get through all 12 types of candy and each group member can only be at the front 1 time (by the end, everyone should have been at the front at least once)
* Rules:
* Campers cannot use the candy name and the taboo words (listed below)
* Cannot use any word that is in the name of the candy
* Heads Up cards:
* Hershey Bar
  + - taboo word: chocolate
* Mike and Ikes
  + - taboo word: sweet
* Rolos
  + - taboo word: caramel
* Twizzlers
  + - taboo word: red
* Laffy Taffy
  + - taboo word: chewy
* M&Ms
  + - taboo word: rainbow
* York Peppermint Patty
  + - taboo word: mint
* Airheads
  + - taboo word: colorful
* Sour Patch Kids
  + - taboo word: tart
* Reese’s cups
  + - taboo word: allergies
* Tootsie Rolls
  + - taboo word: brown
* Fruit by the Foot
  + - taboo word: roll
* Candy Freeze Dance (planned by Nivonimers, Rachel and Devasha)
  + LOCATION: near omanut
  + When the music stops, campers must freeze and form the shape of a candy
  + Songs:
    - “I Want Candy”
    - “Lollipop” – Mika
    - “Candyman”
* Chocolate chip pyramid building
  + Explain: “As Jews, we were all once slaves in Egypt. One of our main tasks was to build the pyramids. Now, you have the opportunity to use our ancestors’ skills, and apply them to chocolate chip pyramid biding.”
  + As a kvutzah, build a pyramid using all of your chocoloate chips.
  + Once you appriove the pyramid (big, stable enough) the chanichim may eat the chocolate chips
* Rope tying
  + Use a pull-apart twizzler
  + Give each chanich one strand of the twizzler. Have each chanich tie his/her twizzler in the most intricate way possible. Together as a group decide which knot is the most unique
* Ping Pong Spoon Relay
  + all chanichim need to pair up and put a pingpong ball on a spoon and walk to their partner across the room
* Guess the paint slip colors’ names

**Pink: Riddles**

Q: What comes down but never goes up?

A: Rain

Q: In a one-story pink house, there was a pink person, a pink cat, a pink fish, a pink computer, a pink chair, a pink table, a pink telephone, a pink shower– everything was pink!

What color were the stairs?

A: There weren’t any stairs, it was a one story house!

Q: If I drink, I die. If i eat, I am fine. What am I?

A: A fire!

Q: Throw away the outside and cook the inside, then eat the outside and throw away the inside. What is it?

A: Corn on the cob, because you throw away the husk, cook and eat the kernels, and throw away the cob.

Q: What word becomes shorter when you add two letters to it?

A: Short

Q: What has hands but can not clap?

A: A clock

Q: What can travel around the world while staying in a corner?

A: A stamp.

Q: What has a head and a tail, but no body?

A: A coin.

## Q: There is a word and six letters it contains. Take one away and twelve is what remains. What word is it?

A: The word is dozens. Take away the “s” and it becomes dozen.

**Green, Yahadut:**

Q: Name the 5 books of the Torah

A: Beresheet (Genesis), Shemot (Exodus), Vayikra (Levitikus), Bamidbar (Numbers), Devarim (Deuteronomy)

Q: Name 6 cities in Israel

A: Jerusalem, Tel Aviv, Yaffo, Haifa, Beer Sheva, Eilat, Tiberius, Tzfat, Ashkalon, Sderot

Q: How many mitzvot are there? (Bonus: How many positive and how many negative mitzvot are there?)

A: 613 (248 positive, 365 negative)

Q: What are the shalosh regalim?

A: Passover, Shavuot, Sukkot

Q: How do you say cucumber in Hebrew?

A: Melaphaphon

Q: In what Hebrew month is Passover celebrated?

A: Nissan

Q: What does the moon look like on Rosh Chodesh?

A: It is not vissable

Q: Name the 4 eemahot

A: Sarah, Rebekkah, Rachel, Leah

Q: Who built the first temple?

A: King Solomon

Q: Name the countries and body of water that border Israel?

A: Jordan, Egypt, Syria, Lebanon, Mediterranean Sea

**Orange, Ramah Trivia:**

Q: Name 5 rashei edot

A: Emily, Claire, Andy, Emma, Maddie, Sarah, Maor, Aryeh

Q: What year were Emily and Claire in Solelim and Shoafim?

A: Solelim = 2007, Shoafim = 2008

Q: How many Ramah sleep-away camps are there?

A: 9

Q: What were the name of the two camps located here before Ramah?

A: Rina and Mohekan

Q: How many tzrifim are on tzad aleph?

A: 20

Q: When was the first Camp Ramah (Wisconsin) founded?

A: 1947

Q: What famous, recent tony-winning broadway actor went to Camp Ramah?

A: Ben Platt

Q: What is the address of Camp Ramah?

A: 39 Bennett St. Palmer, MA 01069

Q: What is the theme of camp this kayitz?

A: HaKarat HaTov

Q: Who at Camp Ramah was in Nivonim 1993?

A: Josh Edelglass

Messy Rainbow

**Goals**: Fun, supporting their team, getting everyone involved

**Activity:** Each team sends up a participant for each activity, and whichever team has their participant win the most activities wins

**Activities**:

1. Keep up the balloon but they’re covered in shaving cream
2. Bobbing for apples
3. Use a straw to blow a cup off the edge of a table
4. Bounce a ping pong ball onto a piece of bread with sun nut butter on it
5. Blow a bubble and then try doing direct it into a hoola hoop
6. With Vaseline on their noses the kids have to move cotton balls from one bowl to another
7. Cup stack- one minute to stack as many cups as you can
8. Face the cookie- get a cookie in their mouths from their foreheads
9. Mummy- wrap a teammate in toilet paper- whoever uses the most rolls wins

**Iron Chef**

**Location:** Mirpeset/beit am aleph

**Approximate Duration:** 1 hour

**Groups:** Same as in the morning

**One Line Description:** An Iron Chef style cooking competition where each team will be given a budget and there will be some twists.

**Goals:**  To have fun making bizzare foods with random ingredients and to learn about budgeting.

**Overview:**

4:00 -> 4:05 Explain peulah, hand out money and hand out a list of available foods without prices

4:05 -> 4:20 The chanichim will work in their kfutzot to plan the three courses they must prepare. The store will not be open until this time is over.

4:20 The store will open and the kfutzot will be allowed to send representatives to buy food using their allotted budget

4:20 -> 4:40 Kfutzot will prepare their dishes

4:40 All cooking stops, time is up

4:40 -> 5:10 Kfutzot present their three dishes

5:10 -> 5:20 CLEAN UP

**YAY Details:**

1. After explaining the peulah, the chanichim will split up into their kfutzot for the peulah. Each kfutzah will be given a mixture of Emily and Claire Ramah Bucks, a sheet of blank paper to take notes and a list of available food items.
2. All of the kfutzot will have 15 minutes to plan their courses -- during this time the store will not be open. Each kfutzah must make an appetizer, main course and dessert. They will be judged on tastyness, creativity and presentation.
3. The store will open and the chanichim will have twenty minutes to buy ingredients and prepare their food. The store will be in the Beit am Aleph and signs will be posted with the prices of various items
4. Once time is up, all cooking must stop. And each group will one by one present the food to the Judges and the rest of the chanichim. After each presentation the Judges will try the food from that group.

|  |  |
| --- | --- |
| **Food** | **Prices** |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |